


**RETIREMENT PLANNING SEMINAR  
(RV101)**

 CAREER TRANSITION CENTER STAFF  
 Catherine McCormick, Marcie Sutton, Vandoster Tabb, John Giusti, Jenna Froats

**RV101 (Monday – Thursday)  
RV104 (Tue) & RV103 (Wed)**

 MESSAGES  
 Registrar's Office Room F1245 (703) 302-7137 or 7144  
 Fax (703) 302-7152

**JULY 25-28, 2011**

<b>MONDAY</b>	<b>TUESDAY (RV 104)</b>	<b>WEDNESDAY(RV103)</b>	<b>THURSDAY</b>
<b>DATE</b> <b>Rooms K1108/1109</b>  8:15 – 8:50 <b>REGISTRATION</b>  8:50 – 9:00 <b>Welcome and Announcements</b> Coordinator Career Transition Center  9:00 – 11:45 <b>Psychology of Transition</b> TBA  11:45 – 1:00 <b>LUNCH</b>  12:00 – 12:45 <b>Optional Transportation Information Session</b> TBA US DOS Transportation & Travel Management  1:00 – 2:40 <b>Health and Fitness</b> TBA.  3:00 -4:00 <b>Federal Long Term Care Program</b> TBA Long Term Care Partners, LLC	<b>DATE</b> 8:15 – 8:50 <b>REGISTRATION</b> <b>Rooms K1108/1109</b>  8:55 -11:45 <b>Annuities and Benefits</b> US DOS Office of Retirement  <i>Go to the assigned room for <u>your</u> retirement plan</i>  <b>FOREIGN SERVICE</b> <b><u>FSPS</u> (HR/RET Counselor)</b> Rooms K1108/1109  <b><u>FSRDS</u> (HR/RET Counselor)</b> Room C3108  <b>OR</b> <b>CIVIL SERVICE</b> <b><u>CSRS</u> (HR/RET Counselor)</b> Room K2505  <b><u>FERS</u> (HR/RET Counselor)</b> Room D2101  11:45 – 1:00 <b>LUNCH</b>  <i>Please Return to Rooms K1108/09</i> 1:00 – 2:30 <b>Thrift Savings Plan</b> TBA Federal Retirement Thrift Investment Board  2:45 – 3:55 <b>Social Security Benefits</b> TBA Social Security Administration  4:00 – 5:15 <b>Medicare, SS and FEHB (for all: <u>FS</u> and <u>CS</u>)</b> TBA American Foreign Service Protective Assn. (AFSPA)	<b>DATE</b> <b>Rooms K1108/1109</b>  8:15 – 8:55 <b>REGISTRATION</b>  9:00 – 11:45 <b>Financial Management</b> Presented by a Financial Planning Professional, CFP  11:45 – 1:00 <b>LUNCH</b>  12:00 – 1:00 Optional Brown Bag, Q and A <b>Divorce &amp; Retirement (<u>Foreign Service</u>)</b> Room C2107 TBA, US DOS Office of Retirement  1:00 – 4:00 <b>Fundamental Aspects of Estate Planning</b> TBA Presented by an Estate Planning Attorney	<b>DATE</b> <b>Rooms K1108/1109</b>  8:15 – 8:55 <b>REGISTRATION</b>  9:00 – 11:45 <b>Planning for a Less Taxing Retirement</b> Presented by a Tax Specialist, CPA  11:45 – 1:00 <b>LUNCH</b>  12:00 – 1:00 Optional Brown Bag, Q and A <b>Divorce &amp; Retirement (<u>Civil Service</u>)</b> Room C2107 TBA, US DOS Office of Retirement  1:00 – 2:15 <b>Living &amp; Working in Retirement</b> TBA  2:35 – 4:00 <b>Marketing Yourself after 50: Good News for Gray Hairs</b> TBA



- Printed course materials will be provided to all participants each day.
- DOS personnel – Course materials are also available for review on the SharePoint site: <http://fsi.m.state.sbu/sites/tc/CTC/RPS/default.aspx>